

OCTOBER ACTIVITIES

Therapeutics Programming For Individuals with Special Needs

Fitness & Exercise

Ages: 15+

Location: Norman Park Center
270 F Street, Chula Vista

#4101.490 - Mondays 3:30 - 5:00pm
Oct. 7, 14, 21, 28



\$27.00 Resident

\$33.00 Non-Resident

Join us for some exercise and fitness! A chance to meet new friends and learn fun ways to get in shape. Work outs are designed for individuals with developmental and/or physical disabilities.

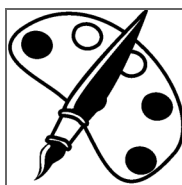
Instructor: Staff

Color Your World

Ages: 5+

Location: Heritage Community Center
1381 E. Palomar Street, Chula Vista

#3101.491 - Tuesdays 3:30 - 4:30pm
Oct. 1, 8, 15, 22



\$27.00 Resident

\$33.00 Non-Resident

Dress for a mess! Enjoy an arts and crafts class using your creative side with various materials. This art class is designed for individuals with developmental disabilities.

Instructor: Staff

Move & Groove Dance Class

Ages: 5+

Location: Heritage Community Center
1381 E. Palomar Street, Chula Vista

#1101.492 - Wednesdays 3:00 - 3:50pm
Oct. 2, 9, 16, 23



\$27.00 Resident

\$33.00 Non-Resident

Come get your groove on! This class will offer a variety of dance moves including jazz and hip hop. Designed for individuals with developmental disabilities. Dance to your Favorites...One Direction, Selena Gomez, and many more.

Instructor: Staff

Monster Mash Halloween Bash

Ages: 5+

Location: Norman Park Center
270 F Street, Chula Vista

Saturday Oct. 26, 2013 7:00-9:00pm

Payment will be taken at the door. Cash or check only.



\$6.00 Resident

\$10.00 Non-Resident

Come join us for an evening of dancing to your favorite tunes! Refreshments will be served along with raffle prizes! Be sure to wear your costume! Everyone welcome.

Learn To Swim

Ages: 6+

Location: Parkway Pool
385 Park Way, Chula Vista

#7101.493 - Thursdays 4:30-5:30pm
Oct. 3, 10, 17, 24



\$27.00 Resident

\$33.00 Non-Resident

Join us for a learn to swim class with our aquatics instructors! You must be water safe & be able to stand independently in 3-4ft water. Learn swim techniques and water safety. Designed for individuals with developmental disabilities.

Instructor: Staff

Contact: Carmel Wilson, CTRS, Recreation Supervisor II, cwilson@ci.chula-vista.ca.us, (619) 421-7032
Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913

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